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We claim:

1. An apparatus, comprising:

at least one timer integrated with the ball for measuring at least one time period;

at least one sound generator integrated with the ball; and the at least one sound generator for producing at least one sound based on the at least one time period.

- 2. The apparatus according to claim 1, wherein the at least one sound generator produces the at least one sound at the end of the at least one time period.
  - 3. The apparatus according to claim 1, wherein: the at least one timer is mounted on the surface of the ball.
  - 4. The apparatus according to claim 3, wherein: the at least one sound generator is mounted on the surface of the ball.
  - 5. The apparatus according to claim 1, comprising a reset.
- 6. The apparatus according to claim 1, comprising a display mounted on the surface of the ball.
  - 7. The apparatus according to claim 1, comprising: at least one control panel; the at least one control panel, comprising: at least one reset; and

at least one count period select.

- 8. The apparatus according to claim 7, wherein at least one of the at least one control panels has at least one display.
- 9. The apparatus according to claim 7, wherein the at least one reset is a push button.
  - 10. The apparatus according to claim 9, comprising a cover panel.

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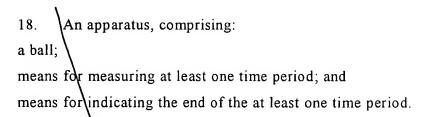
11. The apparatus according to claim 1, comprising: a receiver integrated with the ball; and at least one remote control capable of sending signals to the receiver;

- 12. The apparatus according to claim 11, wherein the at least one remote control sends at least a reset signal.
- 13. The apparatus according to claim 12, wherein the at least one remote control sends at least a count period select signal.
  - 14. The apparatus according to claim 1, comprising: a receiver integrated with the ball; and a proximity controller.

The apparatus according to claim 14, wherein the proximity controller is capable of sending a signal to the receiver when the ball is within a predetermined distance such that the received signal actuates the reset.

16. The apparatus according to claim 1, comprising: a motion detector integrated with the ball.

20 ay 17. The apparatus according to claim 16, wherein the motion detector detects motion and actuates the reset on a predetermined motion.



19. The apparatus according to claim 18, comprising: means for resetting the measuring means.

20. The apparatus according to claim 18, comprising: means for selecting the at least one time period.

21. An apparatus, comprising:
a ball having a surface and at least one internal cavity;
at least one timer for measuring at least one time period; and
the timer integrated with the ball.

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